




















March Activities 2020

Nassau County Office for the Aging

Location: **LONG BEACH SENIOR COMMUNITY SERVICE CENTER**

75 East Walnut Street, Long Beach, NY 11561 (516) 432-555

This program is made possible with funding from the Nassau County Department of Human Services, Office for the Aging through the New York State Office for the Aging and the U. S. Administration on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>9:30 Social Hour 10:00 Presentation by the Office for the Physically Challenged 11:00 Stretch & Strength for Life-Kathleen 12:00 Lunch 1:00 Sketching/Adult Coloring with Kathleen</p>	<p>3</p> <p>9:30 Social Hour 10:00 Drawings and Paintings-DVD and discussion with Barrie Grant 10:00 Nutrition Educ. Handout Distribution 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class</p> 	<p>4</p> <p>9:30 Social Hour 10:00 Exploring Literature with Sandra Sustain 11:00 Chair Yoga with Anne Tedesco 12:00 Lunch 1:00 Site Council Meeting</p> 	<p>5</p> <p>9:30 Social Hour 10:00 Discussion Group-Herb Ross 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Shopping</p> 	<p>6</p> <p>9:30 Social Hour 10:00 Bingo Bonanza for Prizes-Evelyn 11:00 Exercise with Sandye 12:00 Lunch</p> 
<p>9</p> <p>9:30 Social Hour 10:00 Musical Mondays-with Brad Fritz 11:00 Stretch & Strength for Life-Kathleen Regan 12:00 Lunch 1:00 Sketching/Adult Coloring</p> 	<p>10</p> <p>9:30 Social Hour 10:00 Power Up with Breakfast-Robyn 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class</p> 	<p>11</p> <p>9:30 Social Hour 10:00 Discussion Group-Dorothy Fried 11:00 Exercise DVD 12:00 Lunch TRIP TO TEMPLE BETH SHALOM IN ROSLYN HEIGHTS</p> 	<p>12</p> <p>9:30 Social Hour 10:00 Discussion Group-Herb Ross 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Delectable Desserts provided by the Lynbrook Restorative Therapy & Nursing 1:00 Shopping</p>	<p>13</p> <p>9:30 Social Hour 10:00 Creative Writing-Jeri 11:00 Exercise with Sandye 12:00 Lunch</p> 
<p>16</p> <p>9:30 Social Hour 10:00 Musical Mondays-with Brad Fritz 11:00 Stretch & Strength for Life-Kathleen Regan 12:00 Lunch 1:00 Sketching/Adult Coloring With Kathleen</p> 	<p>17</p> <p>9:30 Social Hour 10:00 Photographs-DVD and discussion with Barrie Grant 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class</p> 	<p>18</p> <p>9:30 Social Hour 10:00 "Acceptance"-Brad Fritz 11:00 Chair Yoga with Anne Tedesco 12:00 Lunch 1:00 Bingo with Susan</p> 	<p>19</p> <p>9:30 Social Hour 10:00 Discussion Group-Herb Ross 11:00 Zumba Gold-Darryl 11:00-1:00 One-to-one consults about Health Insurance presented by HIICAP 12:00 Lunch 1:00 Shopping</p>	<p>20</p> <p>9:30 Social Hour 10:00 Creative Writing-Ellen 11:00 Exercise with Sandye 12:00 Lunch</p> 
<p>23</p> <p>9:30 Social Hour 10:00 Musical Mondays -with Brad Fritz 11:00 Stretch & Strength for Life-Kathleen 12:00 Lunch 1:00 Drawing with Nelly (this is a brand new class!!)</p> 	<p>24</p> <p>9:30 Social Hour 10:00 Bingo Bonanza for Prizes with the Long Beach Nursing & Rehabilitation Center 11:00 Total Body Fitness 12:00 Lunch 1:00 Needlepoint Class</p> 	<p>25</p> <p>9:30 Social Hour 10:00 Discussion Group-Dorothy Fried 11:00 Chair Yoga with Anne Tedesco 12:00 Lunch 1:00 "JUDY" (see synopsis below)</p> 	<p>26</p> <p>9:30 Social Hour 10:00 Discussion Group-Herb Ross 10:00 Health Screening with Pat DePetris 11:00 Zumba Gold-Darryl 12:00 Lunch 1:00 Shopping</p> 	<p>27</p> <p>9:30 Social Hour 10:00 Creative Writing-Jeri 11:00 Exercise with Sandye 12:00 Lunch</p> 
<p>30</p> <p>9:30 Social Hour 10:00 Musical Mondays-with Brad Fritz 11:00 Stretch & Strength for Life-Kathleen 12:00 Lunch 1:00 Drawing with Nelly (this is a brand new class!!)</p> 	<p>31</p> <p>9:30 Social Hour 10:00 West Elementary School Musical Performance 11:00 Total Body Fitness-Samantha 12:00 Lunch 1:00 Needlepoint Class</p> 	<p>***JUDY, starring Renee Zellweger, is a movie celebrating the unyielding spirit and matchless talent of the world's greatest entertainer, Judy Garland. This film features some of Judy Garland's best-known songs!!</p>	<p>Lunch reservations are required and MUST be made a day in advance by 10:00 AM. Voluntary contributions are accepted. No person will be denied a service due to inability or unwillingness to contribute.</p>	<p>LONG BEACH SENIOR COMMUNITY SERVICE CENTER 75 EAST WALNUT STREET LONG BEACH, NY 11561 516-432-5555 CENTER MANAGER, BONNI GOETZ</p>